



The Food and Nutrition Information Center (FNIC) is a leading online provider of science-based information about food and nutrition. FNIC is part of the USDA National Agricultural Library, one of the foremost libraries of food and agricultural information in the world.

FNIC provides...

- Nutrition information you can use—credible, accurate, and practical resources for nutrition and health professionals, educators, government personnel, and consumers.
- Nutrition expertise—FNIC is staffed by nutrition experts, most of them registered dietitians (RDs), available to answer your questions and help you locate the information you need.
- Links to reliable information—The FNIC Web site is a gateway for exploring more than 2,000 links to current, reliable nutrition information.

Get started today at <http://fnic.nal.usda.gov>

The FNIC Web site features up-to-date information on a wide variety of food and nutrition topics. Find the latest nutrition news and information, including access to new programs and campaigns and links to new and updated resources at <http://fnic.nal.usda.gov>

From the FNIC homepage, you can browse by subject area to learn...

- How to use the Dietary Guidelines for Americans and MyPyramid to improve your eating habits.
- How to read and interpret food labels.
- What nutrients are in the foods you eat.
- How to evaluate weight-loss programs and discover practical, healthy steps for long-term weight control.

Want more? Try the *Custom Google Search* and sign up for *RSS News Feeds!*

Nutrition Facts		
Serving Size ¾ cup (30g)		
Servings Per Container About 14		
Amount Per Serving	Dry Cereal	with 1/2 cup skim milk
Calories	120	160
Calories from Fat	5	10
% Daily Value**		
Total Fat 0.5g*	1%	1%
Saturated Fat 0g		0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		

The FNIC Web site also connects you to these valuable features:

**Interactive DRI for Healthcare Professionals**  
A new tool that allows you to calculate daily nutrient recommendations for dietary planning based on the Dietary Reference Intakes (DRIs).

**Searchable Databases**  
Great for educators, these allow you to search for helpful teaching tools and materials from many of the special programs within FNIC.

**Resource Lists**  
Compiled by nutrition experts at FNIC, these are lists of articles, pamphlets, books, audio-visuals, Web sites, and other resources to help nutrition professionals and consumers locate information and materials on vital nutrition topics.

**Topics A-Z**  
An index of FNIC nutrition topics, arranged alphabetically to make it easy to link to what you are most interested in.



**Consumer Corner**  
*Nutrition information the public wants to know about.*  
Consumer Corner is a comprehensive, people-friendly source of information for consumers and for those who work with them. A special sub-site of the Food and Nutrition Information Center Web site, Consumer Corner helps users find information on the food and nutrition topics they most frequently ask about by providing links to trustworthy and up-to-date information from reliable sources.

Learn **“All About Food,”** including nutrient composition and food history.

Find information about dietary guidance and weight management in **“Eating for Health.”**

Looking for nutrition information specifically for teenagers? Check out **“Ages & Stages.”**

**“Do It Yourself!”** Find interactive tools to help you monitor your eating habits and plan meals.

**“Can’t Find What You Want?”** Look for answers to commonly asked questions, search Consumer Corner for a particular topic, or contact a Nutrition Information Specialist at FNIC who can help answer your question.

<http://fnic.nal.usda.gov/consumer>





## Special Program Areas

FNIC offers several special program areas that can be accessed from its homepage. Go to <http://fnic.nal.usda.gov> to learn more about...

### Healthy Meals Resource System

Information and training materials for professionals working in USDA's Child Nutrition Programs or for daycare providers participating in the USDA Child and Adult Care Food Program.

### Nutrition Evidence Library

A Web-based system to support evidence-based scientific review of research on key nutrition and health-related questions for the Dietary Guidelines Advisory Committee, scientists, educators, and consumers—in partnership with USDA's Center for Nutrition Policy and Promotion.

### SNAP-Ed Connection

Nutrition education and training tools for professionals working with participants of the Supplemental Nutrition Assistance Program (SNAP), formerly Food Stamp Program.

### WIC Works Resource System

Tools for professionals working in the USDA Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

## Looking for more?

For more information on food and nutrition, including food safety, check out these other services from the National Agricultural Library and its partners:

### Nutrition.gov

<http://www.nutrition.gov>

A gateway to reliable information on nutrition, healthy eating, and physical activity from across the Federal Government.

### Food Safety Information Center

<http://foodsafety.nal.usda.gov>

Provides science-based food safety information for educators, industry, researchers, and the general public.

### DietaryGuidelines.gov

<http://www.dietaryguidelines.gov>

A central location for all relevant information related to the current and future Dietary Guidelines for Americans, including the Nutrition Evidence Library.



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Center hours are 8:30 a.m. to 4:30 p.m. EST,  
Monday through Friday (except holidays).

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United States Department of Agriculture  
Agricultural Research Service  
National Agricultural Library



*\*Please note that FNIC staff cannot provide counseling or personal advice related to individual nutritional or dietary needs.*



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